

HARVEST OF THE MONTH PRESENTS...



HARVEST HEROES!



OCT
2007

BOTH CLASSES OF PEARS, THE
EUROPEANS AND THE ASIANS...

KEEP BLOOD SUGAR LEVELS STEADY
WITH LOTS OF FIBER IN THE EQUATION!

Featuring this month's heroes...

THE PHENOMENAL PEARS!

RATATATATATATA

HOW DO PEARS SHOOT
DOWN CONSTIPATION?

KRINCH

HOW DO PEARS FIGHT
DISEASE?!!

BADABOOM

BECOME A PRO AT
PICKING A PHENOMENAL
PEAR!!!

This material was created and approved as an extension to the Harvest of the Month tool kit developed by the Network for a Healthy California.

LEARN MORE INSIDE!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, NETWORK FOR A HEALTHY CALIFORNIA. THESE INSTITUTIONS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542. CONTRACT # 06-55103.



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FUNDING OF THIS PROGRAM REQUIRES BOTH TYPES OF DOCUMENTATION...
THANK YOU!!!



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THE
PHENOMENAL
PEARS!

GROW-ETRY.

HOW WE GREW TO BE THE HEROES WE ARE...



We're honored to be recognized as this month's heroes,
Worried about diseases? There's no reason to fear-o!
We're daring, yet tasty... abundant, yet unique,
We're perfect right now because we're at our peak!

There are 2 main types of pears, European and Asian,
Both with tons of fiber; plus phytochemicals for any disease invasion...
Both picked from trees in the fall, both taste so juicy and sweet when ripe,
But European and Asian pears are both quite different depending on the type...

European pears are tender when ready to eat, and shaped like a teardrop,
but ripening happens OFF the tree, after the picking of the crop...
Asian pears think they're apples, round in shape, so crispy and so firm,
These guys ripen ON the tree, then picked when they've finished their term...

There are 5 main types of European pears that are California-grown,
Bosc's have giraffe-like necks, bad guys hate to be with them alone...
Comice and Seckel pears might be small, but most say they are the most sweet,
Red Anjou, she's unique, for she's shaped like an egg and red like a beet!

The last California-grown Euro is the "Mr. Popular" Bartlett pear,
Changing colors as they ripen from green to yellow, is a quality so rare...
Asian pears already got a shout out, but something to add to this poem's flow,
Did you know some say they taste like a mix between a watermelon and a potato?

Now how do you make sure you pick out a phenomenal European pear at the market?
If it is mushy with dents and bruises, put that one back and park it...
Since we ripen off the tree, it's best to find one that's still hard,
Once home, we could use your help to ripen, as you will play an important part...

Before we ripen you must decide when you want to enjoy us, later, or real soon?
If for later, put us in the fridge now, and leave us there until you want ripening to resume...
When ready for ripening to begin, place us outside the fridge in a paper bag,
Check our necks for ripeness, and when they yield to pressure, you can enjoy us at last!

Enjoy us with our skin, that's where most of the fiber and phytochemicals are found,
Chopped up and put in cereal or a parfait for the sweetest breakfast around!
Feeling daring? How about a PPB&J... a Pear, Peanut Butter and Jelly?
Add some diced pears to your salad... so healthy for your belly!

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- Ben Bratcher, 2007



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TOP SECRET INFO.

PEAR POWERS



To be healthy, a variety of fruits and vegetables are necessary! Some ways pears help you be healthy are:

FIBER!

Fiber helps keep energy levels steady; lends a mighty hand to your intestines to prevent constipation; and may also lower blood cholesterol levels.

PHYTOCHEMICALS!

Pronounced "Fie-toe-KEM-ih-kuhls," these powerful plant chemicals may strengthen your body against diseases like cancer and heart disease!

HOW TO GET PEAR POWERS



- Snack on raw pears with the skin as this is where most of the fiber and phytochemicals are found!
- Ever tried a "PPB&J"? A Pear, Peanut Butter & Jelly sandwich? Just add fresh pear slices to your PB&J!
- Sprinkle chopped pears on hot or cold cereal.
- Start off your day with a pear parfait (fresh diced pear, a favorite whole grain cereal/granola, and low-fat yogurt)!
- Pears and salad are an excellent combo! Two super heroes in one meal, whoa! Add some pears, blue cheese, walnuts, and baked/grilled chicken to a packaged salad blend and you're set!

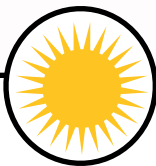
DID YOU ALSO KNOW?



- Pears are the least allergenic of all the fruits, which means most people are not allergic to pears.
- All pears (except for Asian pears) do not ripen properly on the tree so growers pick them when mature, but green. They are meant to ripen *after* they are picked, not while on the tree! See the "PICK A PHENOMENAL PEAR" page to learn how you can ripen these guys at home!
- The wood of pear trees is one of the preferred materials in the manufacture of high quality woodwind instruments.
- Like apple seeds, pear seeds contain "cyanogenic glycosides," which can actually be toxic if eaten in really large quantities.
- Mr. Williams named what we know as Bartletts, after himself. When early Americans brought Williams pears to the American colonies, nurseryman Enoch Bartlett "discovered" the pear variety and, unaware of the pear's true name, distributed it as a "Bartlett." It is still known as the Williams pear around the world.

WHEN PEARS ARE "IN SEASON"

While Bartlett pear season starts in the summer (August), the fall and winter are the peak seasons for the other California pear varieties (although you can find at least one variety available at any point in the year thanks to modern storage). During the growing season, pear orchards need the ideal warm days and cool nights that are found in northern California. See "THE PEAR FAMILY TREE" page for the specific seasons of each California variety.



ACTIVITY OVERVIEW: 9-12

ACTIVITY CALIFORNIA CONTENT STANDARDS

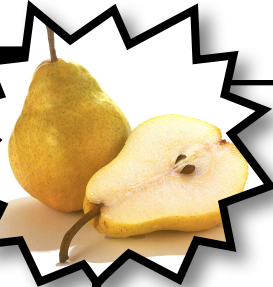
Tree Map & Double Bubble Map®: The Pear Family Tree	9 & 10	<ul style="list-style-type: none"> Writing Strategies 1.2 Use precise language, action verbs, sensory details, appropriate modifiers, and the active rather than the passive voice. Literary Response & Analysis 3.2 Compare and contrast the presentation of a similar theme or topic across genres to explain how the selection of genre shapes the theme or topic.
	11 & 12	<ul style="list-style-type: none"> Reading Comprehension 2.2 Analyze the way in which clarity of meaning is affected by the patterns of organization.
"Pick a Phenomenal Pear" (reading comprehension & Flow Map® activities)	9 & 10	<ul style="list-style-type: none"> Writing Strategies 1.2 Use precise language, action verbs, sensory details, appropriate modifiers, and the active rather than the passive voice. Literary Response & Analysis
	11 & 12	<ul style="list-style-type: none"> Reading Comprehension 2.2 Analyze the way in which clarity of meaning is affected by the patterns of organization.
Circle Map®	9 & 10	<ul style="list-style-type: none"> Writing Strategies 1.2 Use precise language, action verbs, sensory details, appropriate modifiers, and the active rather than the passive voice.
	11 & 12	<ul style="list-style-type: none"> Reading Comprehension 2.2 Analyze the way in which clarity of meaning is affected by the patterns of organization.
Use Your Senses	9 & 10	<ul style="list-style-type: none"> Writing Strategies 1.1 Establish a controlling impression or coherent thesis that conveys a clear and distinctive perspective on the subject and maintain a consistent tone and focus throughout the piece of writing. 1.2 Use precise language, action verbs, sensory details, appropriate modifiers, and the active rather than the passive voice.
	11 & 12	<ul style="list-style-type: none"> Writing Strategies 1.1 Demonstrate an understanding of the elements of discourse (e.g., purpose, speaker, audience, form) when completing narrative, expository, persuasive, or descriptive writing assignments. 1.5 Use language in natural, fresh, and vivid ways to establish a specific tone.

THE PEAR FAMILY TREE

The pear has about 3,000 varieties (members) in their Family tree, and can be divided into 2 main groups: European and Asian. European pears have a "teardrop" shape with a tender, buttery-textured flesh, and ripen after being picked from the tree. Asian pears are actually more like apples than pears: they are round in shape; hard and crisp when ripe; and ripen on the tree, not off. All the California-grown pears below are European pears, except, well, the Asian pear of course!

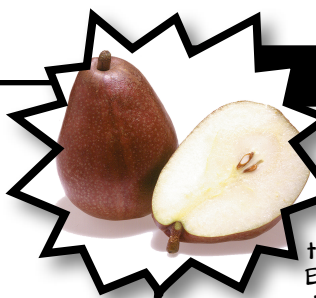
BARTLETT PEARS

When you say "pear," most people think of a Bartlett. Representing 75% of US pear production, this bell-shaped pear is the most popular variety in the US. These are the only pears whose skin dramatically changes colors as they ripen, morphing from a bright green to a golden yellow in a matter of days. Bartletts are at their peak from August to October.



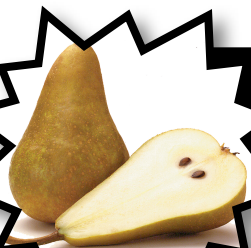
RED ANJOU PEARS

The Red Anjou, pronounced "On-ju" have a deep, rich, maroon color and "egg-shaped" appearance sets this variety apart. Like other European pears, Anjous are sweet and juicy when ripe. They are at their peak from September to December.



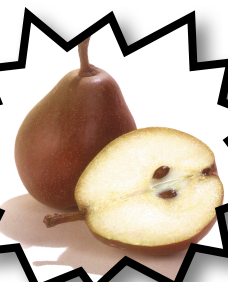
BOSC PEARS

Pronounced "Bahsk," these pears are easily identified by their long neck and stem, and cinnamon/earthy brown colored skin. They do not change color as they ripen, but shrivel and soften at the stem instead; they are quite aromatic, and juicy-sweet when ripe. Bosc are at their peak season from October to February.



SECKEL PEARS

Pronounced "Sek-uhl," these tiny pears are the smallest commercially-grown variety, and compete with Comice pears for being the sweetest, as these chubby, dwarf-like fruits are sometimes called "sugar pears." Usually green in color, they frequently exhibit a dark maroon blush that sometimes covers the entire surface. Seckels are at their peak from September to December.



COMICE PEARS

Pronounced "Co-meece," these pears are chubby, with a short neck. Don't let their stocky build or their dull, green, crimson-flecked skin fool you... Comice have a reputation for being the sweetest and most flavorful, and have earned special recognition as the "Christmas Pear," as they are often the stars in holiday gift baskets. Comice are at their peak from September to February.



ASIAN PEARS

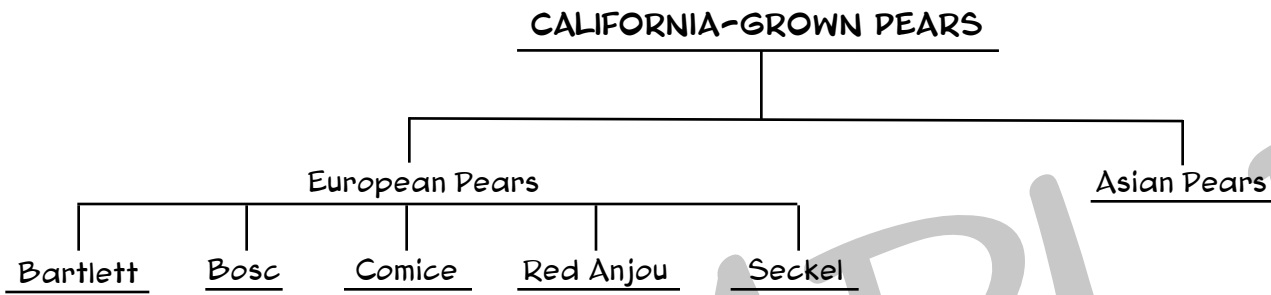
Like a cat who barks, Asian pears are a "confused" fruit: they behave more like an apple than a pear! Unlike the European pears, they ripen ON the tree; they are firm and crunchy; and they are round, not teardrop shaped. Some people say this golden-colored fruit with cream "freckles" tastes like a "watermelon crossed with a potato;" is sugary; crisp; and a bit grainy in texture... what do you think? Asian pears are in season from July to October.



THE
PHENOMENAL
PEARS!

TREE MAP®: THE PEAR FAMILY TREE.

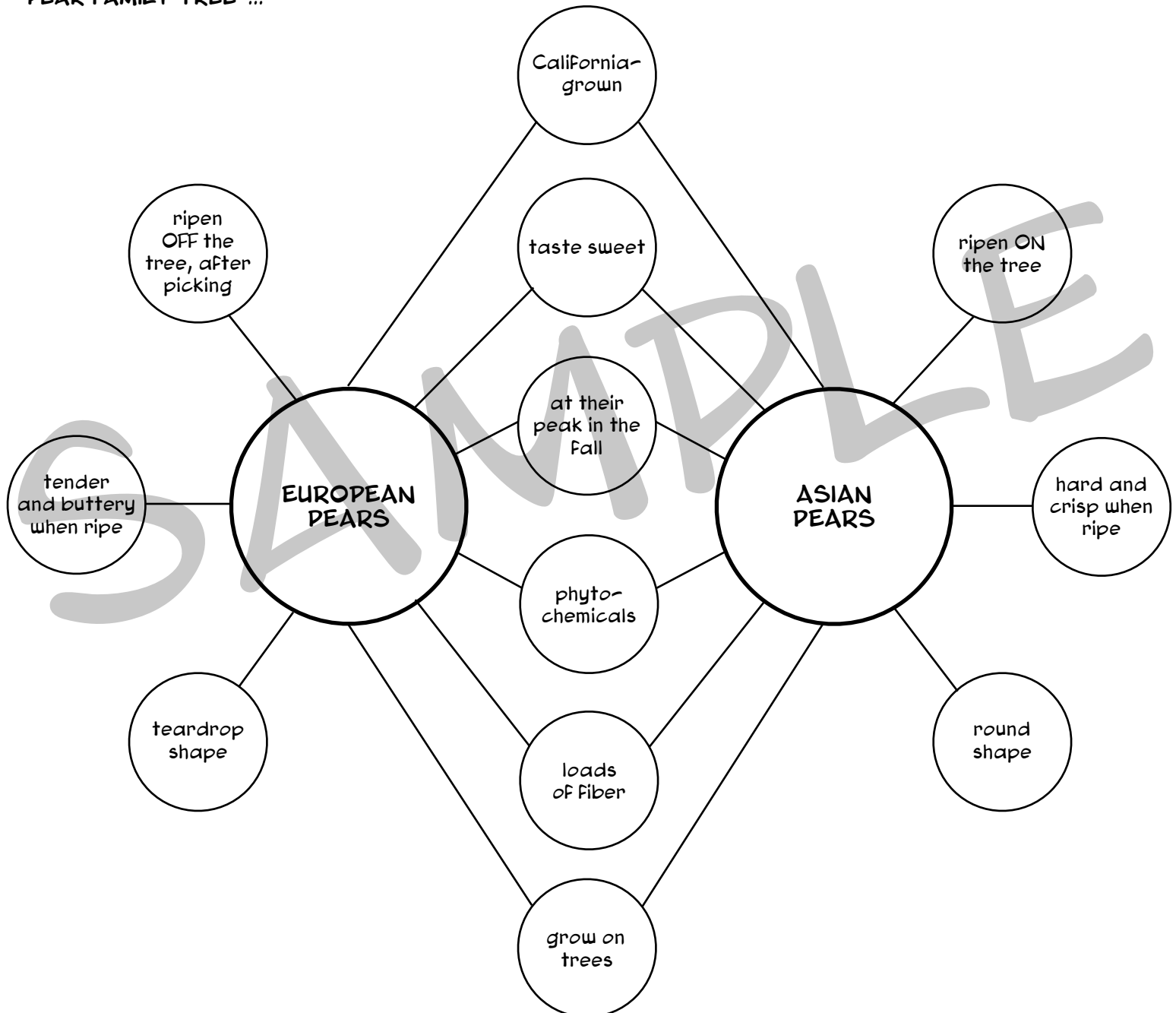
The Formation of a Tree Map® based on the "THE PEAR FAMILY TREE" exercise...



DOUBLE BUBBLE MAP®: THE PEAR FAMILY TREE.

Following is an example of a Double Bubble Map® comparing and contrasting European and Asian pears based on the "THE PEAR FAMILY TREE" exercise.

In another utilization of this activity, students can compare and contrast 2 pears of their choice from "THE PEAR FAMILY TREE"...



PICK A PHENOMENAL PEAR.

1. PICK IT.



Worms make you squirm? How do you make sure that pear you're buying is a fresh one, and hopefully worm-free?! Here's how to make sure you pick a **~PHENOMENAL~** one.

BUY THEM UNRIPE...

Pears are a unique fruit that ripen best *off* the tree (pears that ripen on the tree will be mealy and gritty). So, unless you're ready to eat the pear immediately after buying it, you probably won't want to buy a really soft one from the store... allow ripening to take place at home. See the "CHECK THE NECK" section at right to learn how to ripen your pears.

LOOK FOR THESE QUALITIES...

When picking pears from the store, it's okay if they are hard. Stay away from pears that are really soft... these pears are extra fragile and will attract unwanted bruises and blemishes (if they aren't already there).

2. RIPEN IT.



Once you have picked out your **~PHENOMENAL~** pear, and it's still hard, don't worry because it's easy to get them ripe and juicy. First, you must decide *when* you want your pear... later or now?!!

EH, I CAN WAIT TO ENJOY IT...

Store your pears in the refrigerator until you are ready to ripen them as the cold air will slow the ripening process.

I WANT IT FAST!

To speed ripening, place the pears outside the fridge in a paper bag (never store pears in sealed plastic bags as the lack of oxygen will cause the fruit to brown from the inside... yuk!). Then, you can check the neck...

CHECK THE NECK FOR RIPENESS.

To do this, apply gentle pressure to the neck of the pear (where the stem is) with your thumb. As soon as it yields to mild pressure at the neck, your **~PHENOMENAL~** pear is ready to eat!

After reading the passages above, fill in the TRUE or FALSE circle next to each question:

- ☐ T ☐ F To quicken the ripening process, place the pears in sealed plastic bags.
- ☐ T ☐ F In this passage, the word "yield" means "to give in."
- ☐ T ☐ F Based on the passage, "Check the Neck" means to draw a check mark on the neck of the pear, and wait a few days until it disappears... you will then have a perfectly ripe pear!
- ☐ T ☐ F The best and most natural way for pears to ripen is on the tree.
- ☐ T ☐ F Really soft pears with dents, mushy parts and blemishes likely won't taste best.
- ☐ T ☐ F Picking a hard pear at the store will never ripen into a sweet and juicy pear at home.

DID YOU KNOW
BARTLETT'S ARE
THE ONLY PEARS
TO CHANGE
COLORS AS THEY
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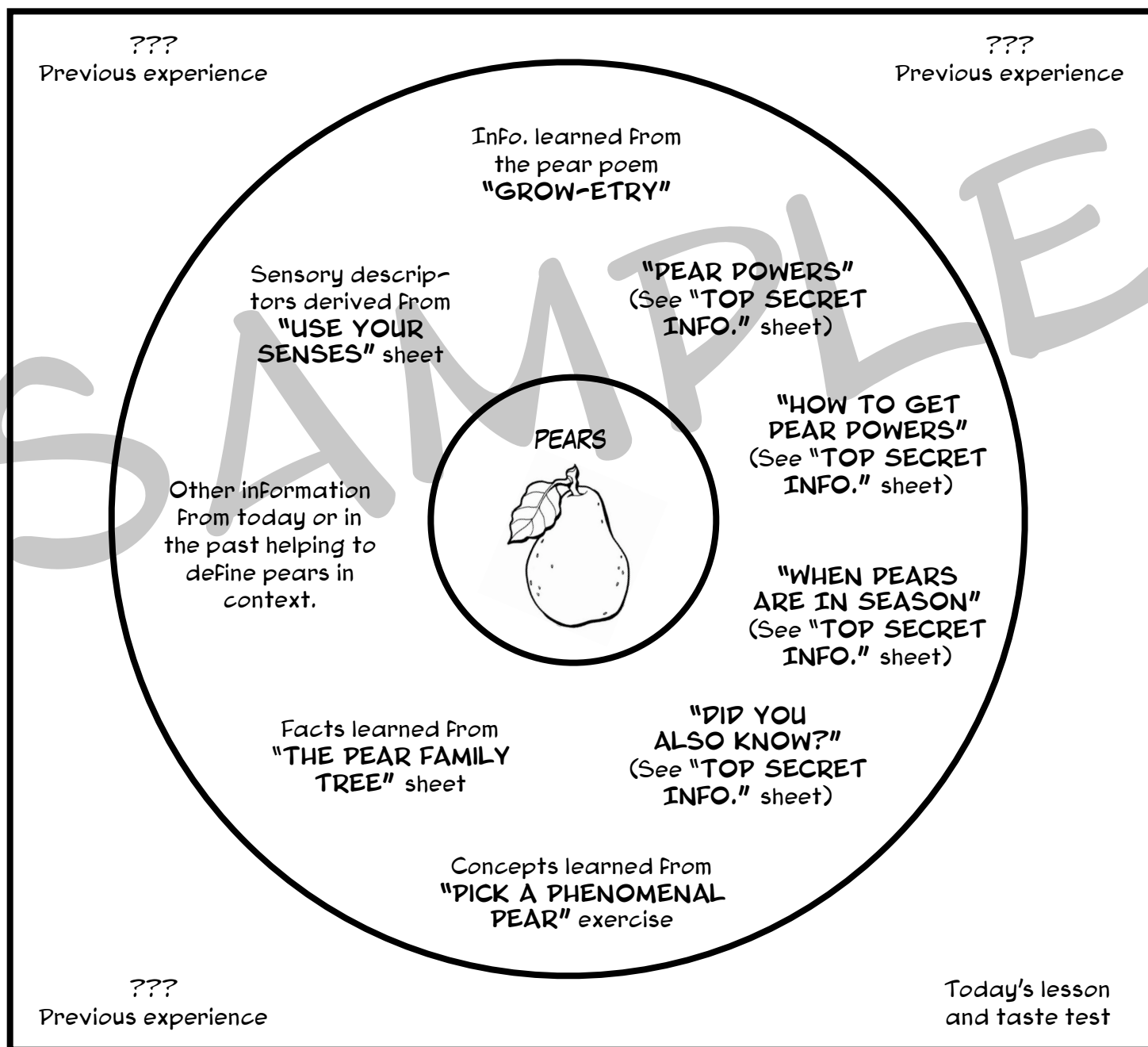
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- (T) (F) The best and most natural way for pears to ripen is on the tree.
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- (T) (F) Picking a hard pear at the store will never ripen into a sweet and juicy pear at home.

DID YOU KNOW
BARTLETT'S ARE
THE ONLY PEARS
TO CHANGE
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CIRCLE MAP®

Possible ideas to include in the formation of a Circle Map® about pears, depending of course on when the activity is done. This sample provided is a Circle Map® done after the lesson and taste test...



THE PHENOMENAL PEARS!

USE YOUR SENSES

		PEAR #1	PEAR #2	PEAR #3	PEAR #4
	COLOR				
	SIZE				
	SHAPE				
	OTHER				
	FEEL OF SKIN				
	TEXTURE OF FLESH				
	TASTE				
	SMELL				

WRITE ONE PERSUASIVE ADVERTISING SLOGAN FOR EACH VARIETY OF THE "PHENOMENAL PEARS" YOU JUST TASTED:



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**THE
PHENOMENAL
PEARS!**

RATE THE TASTE




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
A PEAR AGAIN?

☐ YES

☐ NO

COMMENTS: _____



**THE
PHENOMENAL
PEARS!**

RATE THE TASTE




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
A PEAR AGAIN?

☐ YES

☐ NO

COMMENTS: _____

EVALUATION

School: _____

Date: _____

Students: _____

Teacher Name: _____

Grade: _____

1. Which of the Tool Kit materials/activities were most useful? (Mark all that apply.):

- ☐ "Grow-metry" Poem
 ☐ Top Secret Info.
 ☐ The Pear Family Tree
 ☐ Tree Map®
☐ Double Bubble Map®
 ☐ Pick a Phenomenal Pear
 ☐ Circle Map®
 ☐ Taste Test
 ☐ Use Your Senses

Comments: _____

2. Please note how much time was spent on this lesson: _____

3. Did you find the Kit easy to use? ☐ Yes ☐ No

Why or why not? _____

4. Do the Activities get easily integrated into your existing curriculum?

☐ Yes ☐ No If not, how would you suggest they be modified?

5. Are the nutrition concepts clear? Which ones do you emphasize?

6. What would make this Kit more complete for you to teach nutrition education more effectively?

6. What changes in your classroom have you made/will you make after participating in this month's Harvest?

7. What changes, if any, do you notice in your students' outlooks in regards to nutrition? _____

DON'T FORGET!

Funding of this program requires 2 types of documentation:

1. EVALUATION

Submit this page to Nutrition Services, ATTN: Liz Vera as soon as possible. Call x7966 with questions.

2. TIME LOG

Submit every month. The next one is due **NOVEMBER 1st**.

THANK YOU!



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